

Positive Alternatives 2017 - 18 Quarterly Update

Grantee (Name and city): Northside Life Care Center, Minneapolis

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Goal: To provide quality prenatal care to women who may otherwise experience barriers to access, and to offer support services both before and after birth

For the period/quarter:

| Activity or Service | Activity or Service Description Major Work Plan Activities | Work Plan Count | Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity. | Report Count |
|---------------------------|---|-----------------|--|--------------|
| Administrative Activities | Managing and administering the Positive Alternatives grant | | | |
| Outreach | Promoting the Positive Alternative programming | | | |
| Adoption Education | <u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat:</u> <u>Number of visits clients received adoption education</u> | 5 | Small Steps clients often choose to complete an optional packet on adoption, which provides current information on how the adoption process works. Clients are often surprised at how adoption has changed over the years, for example that birth parents are now able to choose the parents for their baby. | 5 |

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| Case Management Services | <u>Program:</u> Small Steps and Prenatal Care Counseling <u>Staff:</u> Small Steps Counselors and Clinic Counselor <u>Stat 1: Number of client visits to Small Steps</u> (Clients must meet with counselor at least once a month. Most meet twice a month for up to 6 months. Clients receive incentive items for following through) <u>Stat 2: Number of prenatal visits with Clinic Counselor</u> | 60 | Clients who participate in Small Steps and our prenatal program often have significant challenges in their lives, including lack of a good support system in their lives. One of the important roles this center serves is to be part of their support system. For those who have little to no support this can make an enormous difference in their sense of well-being. Small Steps (118) Prenatal Care Counselor (93) | 211 |
| Crib Distribution/ Sleep Safety Education | <u>Program:</u> Small Steps and Prenatal Clinic <u>Staff:</u> Small Steps counselors and Clinic Nurse <u>Stat: Number of visits clients received safe sleep education</u> (Meet individually with clients who complete assignments and assess progress All Small Steps clients complete safe sleep and SIDS curriculum Provide crib or Pack n Play if appropriate Clinic nurse meets individually with client and discusses safe sleep with resources and/or video) | 25 | At times we have clients who have been directly impacted by SIDS/SUID in their lives. For example a recent Small Steps client shared that her cousin's 4 month old baby died six months ago while napping on a couch. This client was immensely appreciative of the safe sleep information that she received in Small Steps to help her reduce the risk for her own baby. – <u>S</u> mall <u>S</u> teps <u>D</u> irector (8) Clinic nurse reviewed Safe Sleep with patients at their 36 week visit. Pamphlets were given, resources were reviewed and video info was offered as well to each client/patient. – <u>N</u> urse <u>M</u> anager (18) | 26 |

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| Education Assistance | <u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat: Number of visits clients worked on education goals</u> (Meet individually with clients who complete assignments and assess progress. Clients who choose education as a goal enroll in ESL,GED, or other educational programs Clients receive incentives for following through) | 5 | Clients will sometimes be interested in working on goals related to furthering their education. The timing may not always be ideal for concrete goals as they may be nearing their due date, just had their baby, and at times they have already mapped out what steps they need to take next. In those situations counselors explore possibilities with clients and provide encouragement in pursuing their goals. – SSD (0) <u>Small Steps Counselor 1 – (3)</u> SSC2 – (0) SSC3 – (2) | 5 |
| Employment Assistance | <u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat: Number of visits clients worked on employment goals</u> (Meet individually with clients who complete assignments and assess progress Clients who choose employment as a goal work on resumes and apply for jobs Clients receive incentives for following through) | 6 | Clients will sometimes be interested in working on goals related to finding employment or better employment, but as in education goals the timing may not be ideal. In those situations counselors explore possibilities with clients and provide encouragement in pursuing their goals. – SSD (0) Job Interviews, Job Placement - SSC1 (3) SSC2 – (0) SSC3 – (1) | 4 |
| Housing Assistance | <u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat: Number of times SS counselor researched or advocated for client housing needs</u> | 6 | Housing issues are a common concern for Small Steps clients. Whether they need more affordable housing, cleaner and safer housing, or housing in a safer area, Small Steps counselors help to connect clients with resources that will help them achieve their housing goals and provide support and encouragement. – SSD (1) | 5 |

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| Housing Assistance (cont.) | | | SSC1 – (0) SSC2 – (2) SSC3 – (2) | |
| Life-Skills Education Program | <u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat: Number of visits clients worked on life skills</u> (Meet individually with clients who complete assignments and assess progress. Clients work on life skills i.e.: budgeting and finances, cleaning and organizing, chastity, exercise, nutrition, getting a driver's license, etc. Clients receive incentives for following through) | 25 | Clients choose from a variety of life skills educational programs offered onsite. For example completing programs on budgeting and money management to help them better manage their often stretched-thin finances. –SSD (7) More of our clients are choosing to work on budgeting and finances and making changes in their spending priorities. -SSC (18) SSC2 – (5) SSC3 – (7) | 19 |
| Material Support | <u>Program:</u> Small Steps and Prenatal Clinic <u>Staff:</u> Small Steps Counselors and Prenatal Nurses <u>Stat: Number of items distributed to clients</u> (This DOES NOT include items offered as incentives. It DOES include items such as COH pack-n-plays, bundles of love, layettes, postnatal gifts, etc.) | 25 | North Side provides material assistance to Small Steps clients and prenatal patients in a variety of ways, including partnering with other groups such as Cradle of Hope in order to provide clients with pack and plays and other important items for their babies. – SSD (15) Layettes were given out to the clients at the 32 week prenatal visit. They are gender based and ethnically based, there is special note whether the father of the baby is involved; and the layettes are prayed over before they are handed out. – NM (10) | 25 |

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| Mental Health | <u>Program:</u> Prenatal Clinic <u>Staff:</u> Fairview Riverside Midwives, Clinic Nurses, Clinic Counselor <u>Stat:</u> <u>Number of times patient received mental health assessment and/or referral</u> (All prenatal patients receive a mental health assessment at their second OB visit, at 26 weeks and at 36 weeks Referrals are made for those patients needing more in depth mental health counseling) | 25 | Each patient fills out a depression screen at least 3 times during their pregnancy. We use the PHQ-9 which asks 9 questions related to anxiety and depression in pregnancy. They fill it out at the new OB visit, at the 24-28 week visit, and again at the 36 week visit, and prn. Results are reviewed by the clinic nurse, counselor, and CNM. – NM (53) | 53 |
| Nutrition | <u>Program:</u> Small Steps, Prenatal Clinic, Client Services <u>Staff:</u> All Center Staff <u>Stat 1:</u> <u>Number of Prenatal vitamins distributed</u> (All clients with positive pregnancy tests are given prenatal vitamins if they don't already have them Prenatal patients are given prenatal vitamins when indicated) <u>Stat 2:</u> <u>Number of food gift cards distributed</u> | 25 | Food gift cards are kept on hand to distribute to clients in urgent need of food. One prenatal patient was forced to leave her apartment on short notice when the landlord notified the buildings' residents that the building had been sold. Scrambling to find alternative housing they were quickly depleting their resources and they received a gift card to help their resources stretch a little further. – SSD (1) Client Services distributes prenatal vitamins with positive pregnancy tests. – <u>D</u> irector of <u>C</u> lient <u>S</u> ervices (39) | 40 |
| Parenting Education | <u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat:</u> <u>Number of visits clients worked on parenting goals</u> (Meet individually with clients who complete assignments and assess | 50 | Clients are able to choose from a large number of parenting education programs in Small Steps. For example, we have an excellent breastfeeding series that educates women on the goals and benefits of breastfeeding, proper latch and technique, etc. In these program women are presented with the latest information from the American Academy of Pediatrics and the World Health | 66 |

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| Parenting Education (cont.) | progress Clients can choose parenting, discipline, baby care etc. as a goal Clients receive incentives for following through) | | Organization in order to increase their chances of having a successful breastfeeding experience. – SSD (6) Several of my clients have found the 1,2,3 Magic- Discipline Program to be very helpful & effective for ages 2-12. They feel empowered to utilize this method of discipline. - SSC1 (40) SSC2 – (15) SSC3 – (5) | |
| Pregnancy Education | <u>Program:</u> Small Steps and Prenatal Clinic <u>Staff:</u> Small Steps Counselors and Clinic Nurses <u>Stat 1: Number of SS visits clients worked on prenatal goals</u> (Meet individually with clients who complete assignments and assess progress. Clients can choose any subjects under the “Pregnancy/Prenatal Care” category. Clients receive incentives for following through) <u>Stat 2: Number of visits prenatal patients received prenatal education from Clinic Nurse</u> | 50 | Clients are able to choose from a variety of educational programs on pregnancy and labor and delivery. Our labor and delivery series provides comprehensive information about the process to help remove some of the uncertainty and alleviate fears about what’s to come. – SSD (3) SSC1 – (6) SSC2 – (0) SSC3 – (2) Every patient who comes in for a prenatal visit or an ultrasound received prenatal education in depth. There were 166 prenatal patients and 50 ultrasound visits receiving education from our nursing staff. 14 patients received info re: car seat safety. 19 patients received the pamphlet on “Shaken Baby” and were offered/watched the video info. – NM (166) | 177 |
| Prenatal Medical Care | <u>Program:</u> Prenatal Clinic <u>Staff:</u> Fairview Riverside Midwives, Clinic Nurses, Clinic Counselor <u>Stat: Number of visits clients received prenatal care services</u> | 25 | There were 166 prenatal patients receiving care during this first quarter. There were 20 new OBs, 105 returning patients, 15 deliveries, and 4 transfers. – NM | 170 |

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| Prenatal Medical Care (cont.) | (Nurse midwives provide prenatal care and center staff provides support services to patients) | | | |
| Provide Necessary Services to all clients | <u>Program:</u> Small Steps and Prenatal Clinic <u>Staff:</u> Small Steps and Clinic Staff (PAG Staff Only) <u>Stat:</u> <u>Number of all new Small Steps clients and all new Prenatal patients (SOS and cardex forms to create demographic total)</u> (Provide intake assessment to determine need Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals) | 60 | Clients are provided with information and referrals relevant to any area that they indicate an interest in. – SSD (29) There were 20 New OBs plus 4 transfers. – NM (24) | 53 |
| Provide Necessary Services Assessments Only | <u>Program:</u> Client Services <u>Staff:</u> Client Services Staff (non-PAG Staff) <u>Stat:</u> <u>Number of all new Client Services clients (SOS forms to create demographic total)</u> (Provide intake assessment to determine need – SOS forms for | 20 | Client Services Staff completed 31 Client Services of Clothes Closet, Financial Assistance; 57 Pregnancy Tests for a total number of 88 Scope of Services January through March 2017. – DCS | 88 |

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| | financials, clothes closet, and pregnancy tests Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals) | | | |
| Transportation Assistance | <u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat: Number of times clients receive transportation assistance</u> (Gas cards, taxi, or bus vouchers) | 5 | Clients occasionally need assistance with gas or transportation. When possible we connect them with other resources able to help them with this need, but that is not always possible in an urgent situation or crisis. In those situations we help clients directly with a gas card or public transportation assistance. | 0 |

| Maternal and Child Health Initiative Task Force Strategies | No. |
|---|-----|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity SSD-1</i> | 1 |
| <i>Number of women who received car seat safety education only from a PA funded program activity SSD-1, NM-14</i> | 15 |
| <i>Number of women who received child abuse prevention education from a PA funded program activity SSD-0</i> | 0 |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity SSD-4, NM-19</i> | 23 |
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity SSD-3</i> | 3 |
| <i>Number of women who received sleep safety education only from a PA funded program activity SSD-8, NM-18</i> | 26 |

Challenges:

Comments: These numbers may reflect both an increase in services and our improved systematic way of capturing numbers compared to previous quarters. – Director of Client Services.